



Year	Name	Club
1951	Cyril Budge	Empire, Swansea
1952	Parry Dando	Newbridge
1953	David 'Darkie' Hughes	Cardiff Gas
1954	Vivian Davies	Caerphilly
1955	P Sullivan	Waunllwyd
1956	Norman Jenkins	Caerau
1957	Billy Phillips	Ebbw Vale
1958	Bobby Brown	Cardiff Gas
1959	Brian Lloyd	Empire, Swansea
1960	Bobby Punt	Gilesports
1961	Geoff Rees	Waunllwyd
1962	Geoff Rees	Waunllwyd
1963	Les McAteer	Buckley
1964	Frank Roberts	Cymmer Afan
1965	Peter Hughes	Bynea
1966	Fred Collins	Buckley
1967	Dennis Delbridge	Pyle
1968	Dennis Delbridge	Porthcawl
1969	Dave Davies	Bangor YMCA
1970	Dave Davies	Bangor YMCA
1971	Steve Cleaver	Llandaff
1972	Steve Lewis	Llandaff
1973	Glyn Watts	Trostre
1974	Gary Fouweather	Maindee
1975	Chris Davies	Splott YMCA
1976	Alan Copp	Gwent
1977	Peter Ahmed	Prince of Wales
1978	Peter Ahmed	Prince of Wales
1979	Peter Ahmed	Prince of Wales
1980	Peter Ahmed	Prince of Wales
1981	Peter Ahmed	Prince of Wales
1982	Dave Griffiths	Splott Adventure
1983	Dave Griffiths	Splott Adventure
1984	Dave Griffiths	Splott Adventure
1985	John Samuels	Crindau Harlequins
1986	Jonathan Alsop	Cardiff YMCA
1987	Dave Jenkins	City, Swansea
1988	Michael Smyth	Rhoose
1989	Michael Smyth	Rhoose
1990	Carl Hook	Swansea RAOB
1991	Jason Mathews	Aberbargoed
1992	Jason Williams	Gwent
1993	Paul Samuels	Crindau Harlequins
1994	Andrew Robinson	Pembroke
1995	Andrew Robinson	Pennar
1996	Jason Cook	Cwmavon Hornets
1997	Alwyn Evans	Carmarthen
1998	Vince Powell	Army
1999	Alwyn Evans	Carmarthen
2000	Ceri Hall	Penyrheol
2001	Ceri Hall	Penyrheol
2002	Ceri Hall	Penyrheol
2003	Gareth Perkins	Premier
2004	Barrie Jones	Ferndale
2005	Shaun Bowers	Army
2006	Peter Ashton	Cwmavon Hornets
2007	Ryan Evans	Dowlais
2008	Lewis Rees	Rhondda
2009	Lewis Rees	Rhondda
2010	Lewis Rees	Rhondda
2011	Chris Jenkins	Cwmgors
2012	Thomas Hoar	Croeserw
2013	Zack Davies	Cwmgors
2014	Zack Davies	Penyrheol
2015	Gavin Gwynne	Trelewis
2016	Lance Cooksey	Pontypridd
2017	Billy Edwards	Dyffryn
2018	Joe Horrocks	Bonymaen

2019	Liam Taylor	Dyffryn
2020	No competition	
2021	Scott Jones	Highfields
2022	Dafydd Jones	Porthcwl and Pyle
2023	Daniel Walshe	Prince of Wales
2024		